Ways to Work With Me

Healing is not one-size-fits-all. Whether you are looking for a consistent community practice, a slow and steady therapeutic approach, or a highly focused 6-month transformation, there is a space for you here.

Option 1: The Weekly Rituals (Group Classes)

For those seeking consistent, nourishing movement and community connection.
These are not your standard studio drop-in classes. Our weekly gatherings are intentionally planned according to the time of day, the season, and the specific needs of the students in the room.

The Schedule:

- **Mondays at 5:45 PM:** Evening Ritual
- **Wednesdays at 10:00 AM:** Morning Ritual
- **Thursdays at 12:30 PM:** Mid-Day Ritual

Monthly Memberships:

- **$50.00 / month:** 1 class per week
- **$80.00 / month:** 2 classes per week
- **$100.00 / month:** 3 classes per week

Bonus: Every membership includes access to a private Google Drive folder where you will find our weekly class plans and video recordings, so you can practice anytime.

Option 2: À La Carte Private Yoga Therapy

For the "slow and steady" mindset.
This option is for you if you prefer to take your time, process things organically, and book sessions as your schedule and energy levels allow. We will explore your physical and energetic needs at a pace that feels deeply supportive and entirely pressure-free.

The Details:

- **Format:** 75-minute private sessions, scheduled according to availability.
- **The Investment:** $100.00 per session
- **What's Included:** After every session, you receive access to your private Student Portal containing a summary of our work, my clinical notes, and the specific sequences we discussed so you can practice at home.

Option 3: The 6-Month Targeted Container

For the "let's get it done" mindset.
This is a high-support, high-accountability program designed for students who have a specific physical or energetic goal (such as healing an injury, regulating chronic anxiety, or breaking deep karmic patterns). Because true, lasting shifts require consistency, this container blends private therapeutic work, ongoing check-ins, and unlimited community practice.

The Details:

- **Format:** A dedicated 6-month commitment.
- **Each Month Includes:** Two 60-minute private sessions + one 45-minute virtual check-in call.
- **All-Access Bonus:** You receive *unlimited* access to all Weekly Ritual group classes for the duration of your 6-month container.

- **The Investment:** $350 for Month 1 *(covers your comprehensive initial intake, structural assessment, and 6-month goal mapping)*; $300/month for Months 2–6.

What's Included: You receive full access to your private Student Portal. Most importantly, this tier includes **custom-built, highly personalized sequences designed specifically for your goals by me outside of our session hours.** I am with you every step of the way.

To get started, fill out the form at the bottom of the Yoga Therapy website page. Or, call me directly. Your journey will begin with a free 20 minute consultation over the phone or in person.